

Fall/Winter 2005

KCCRB NEWSLETTER

Kentucky Community Crisis Response Board

Pine Hill Plaza, 1121 Louisville Road, Suite 2

Frankfort, KY 40601

24-Hour Response Line: 888-522-7228

IN THIS ISSUE:

- **Hurricane Katrina Missions**
 - **From the Director**
 - Responses
 - LMPD Pre-Incident Education
 - Gratitude for Board of Directors
 - Gratitude for Team Members
 - **KCCRT All Hazards Field Manual**
 - **Team Page**
 - Team Appreciation Day Postponed
 - Regional Team Meetings
 - **Training Page**
 - Regular Training Calendar
 - Psychology of Disaster & Terrorism
 - Team Member Tool Box
-

Hurricane Katrina Missions

Many people fled hurricane Katrina ravaged areas of the US Gulf Coast and arrived in Kentucky to seek shelter and services. Kentucky operated under Kentucky Emergency Management unified incident command system coordinating Public Health, Mental Health, VOAD, and other essential services needed to support the influx of Katrina evacuees. Evacuees were directed to local Red Cross Family Assistance Centers, screened by public health, and tele-registered with FEMA. Family Assistance Centers were established as "one stop shopping" for evacuees in Louisville, Elizabethtown, Owensboro, Lexington, and other major cities. These centers were organized by the American Red Cross and included medical screenings, social-service agencies, mental health, housing, and other necessary disaster related services.

Kentucky began August 29, 2005 and continued to fill EMAC requests for specialized teams (swift water rescue, law enforcement, Fish and Wildlife, US Forestry Service, medical, coroners, environmental, hospital, firefighters, Public Health, and Emergency Management resource personnel). As these teams returned to Kentucky, re-entry and stress management services continued to be provided by the KCCRB. Twenty years of disaster mental health experience consistently has taught us that re-entry and ongoing stress management support services to first responders are essential. This disaster continued to expand the list of first responders, who have no large-scale disaster experience and little orientation/preparation for what they experienced in the Gulf Coast Recovery environment. The living conditions experienced by fire, EMS and Law Enforcement in the first two-three weeks of the response and the catastrophic nature of environmental stress factors including heat, humidity, smells, sights, and sounds underscore the extreme hardship placed on these responders and the magnitude of the compelling need to focus intervention efforts on this population.

In the first weeks, it was estimated that well over 700 of the 4,000 relocated survivors from the Gulf Coast who have found their way to Kentucky, received outreach support services from behavioral health center staff located in Family Assistance Centers in operation across the state of Kentucky. These individuals and families lost most of their naturally occurring support systems, which included schools, churches, neighbors, friends, jobs, cultural/environmental roots, and homes. Disaster Mental Health experience underscored their need for ongoing support, linkage to resources; as reality filtered in and they planned for their new lives far from home and with uncertainty.

KCCRB and a network of nine regional mental health centers served 3,679 survivors and community representatives through individual crisis counseling, in-person brief contacts, telephone contacts, and presentations to schools, health care clinics, agency networks, and other local and regional social service agencies. Crowding was an issue for individuals housed in hotel rooms with 5-10 family members. These individuals were in shock, most wanted to talk about what horrible things they saw, and most experienced survivor guilt, frustration, anger, and confusion. Some children were happy and glad to be with their families and others sat alone, barely able to interact at all. Survivors collectively expressed significant loss and uncertainty about the future. Common reactions included: increased worry, headaches, trouble sleeping, crying spells, and interpersonal conflicts with family/friends, feelings of sadness and powerlessness, trouble concentrating, and poor short term memory.

Throughout the first 30-day period, it was necessary to determine the availability of the Team Members, should a deployment be necessary. Team Members were deployed out of state with first responder teams. Team Members were deployed in state for responses with returning first responder teams. Still other Team Members met the needs of regular response requests in Kentucky.

KCCRB is grateful for the efforts of the Regional Team Coordinators and Team Members during the first 30 days after Katrina. Regional Team Coordinators worked diligently to notify Team Members and put them on stand-by status. Team members were responsive about informing KCCRB and the Coordinators of their availability. Thanks to all of you!

From the Director

Responses

Since July 1, 2005 KCCRT has provided services following 83 responses serving a total of 840 individuals across the Commonwealth. These figures reflect a 173% increase in the number of persons served by this time in FY2005. This includes 33 Katrina Responses serving 376 individuals.

LMPD Pre-Incident Education

KCCRB staff is conducting pre-incident education for the Louisville Metro Police Department three times a week through November 2005. 555 officers have received this training through November 2, 2005.

Gratitude for Board of Directors

Recently, the appointments were received from the Governor's Office for new Board Members. We want to take this opportunity to express our deepest gratitude for all the work completed by those Board Members who have served the agency so well in the past years. Thank you for making a difference in the life of KCCRB.

Gratitude for Team Members

Katrina and its aftermath presented opportunities for the KCCRT Members to utilize their skills to assist in a variety of ways. Due to the extensive nature of the Gulf Coast disaster, KCCRB called on Team Members to be on standby for an extended period of time, or to be ready to deploy at a moments notice. This is highly unusual and the Team stood up to the challenge. We are grateful for your willingness to serve and for your patience in the process. We know that if faced with a large-scale event in Kentucky, the KCCRT will be ready.

KCCRT All Hazards Field Manual

New Publication

The *KCCRT ALL Hazards Field Manual* has been developed for use by KCCRT/Disaster Outreach Personnel for early phase response to a terrorist or mass-trauma event - helping individuals and communities heal by fostering resiliency. The Manual includes the following topics:

Introduction

- The Role of KCCRT/Disaster Outreach Personnel*
- Personal Preparedness*
- Family Emergency Preparedness Plan*
- Family Preparedness Kit*

Kentucky Disaster Response & Terrorism Preparedness History

- Disaster & Terrorism Preparedness Training*

Working in a Disaster Environment

- Conducting an Onsite Assessment*

Incident Command In A Disaster Environment

- National Incident Management System (NIMS) Concepts & Principles*
- KCCRB Incident Command*

Agencies Active in Mass-Trauma Disaster and Terrorist Events

Personnel Qualification & Certification

Range of Reactions and Appropriate Interventions and Services

- Common Reactions to Trauma*
- Interventions & Services*

Serving Different Populations

- Providing Services to Children and Older Adults*
- Approaches for Stress Prevention and Management for First Responders*

Emergency Risk Communication

Self-Care for the Behavioral Health Worker

- Emotional Care*
- Self-Monitoring Checklist*
- Some Things One Can Do to Reduce Stress and Renew Energy*
- Personal Safety*

Duties of the KCCRT/Disaster Outreach Personnel

- Job Duties*
- What Can KCCRT/Disaster Outreach Personnel NOT Do?*
- Services and Interventions*

KCCRT Response: Utilizing Multi-Component Intervention Models

Manual Distribution at Upcoming Regional Team Meetings

A Regional Team Meeting will be held in each of the regions in the next few months. The *KCCRT ALL Hazards Field Manual* will be distributed to active Team Members at these meetings, with guidance in how to utilize the materials.

See the Team Page for the schedule for upcoming Regional Team Meetings.



Team Page

Team Appreciation Day Postponed



The October 8, 2005 Team Appreciation Day was postponed until spring due to Katrina. The KCCRB office staff was overwhelmed with coordination of services. Many Team Members have been active out of state with first responder teams and many others active in state with regular and Katrina-related responses. We will look to the spring to reschedule the picnic and awards ceremony.

Regional Team Meetings



All Regional Team Coordinators have worked with KCCRB to schedule a Regional Team Meeting in the near future. These quarterly meetings are important for team networking, education, and the distribution of any updated materials.

In the upcoming Regional Team Meetings, we will introduce the new KCCRT ALL HAZARDS FIELD MANUAL. Team Members will need to attend the meeting to receive the manual.

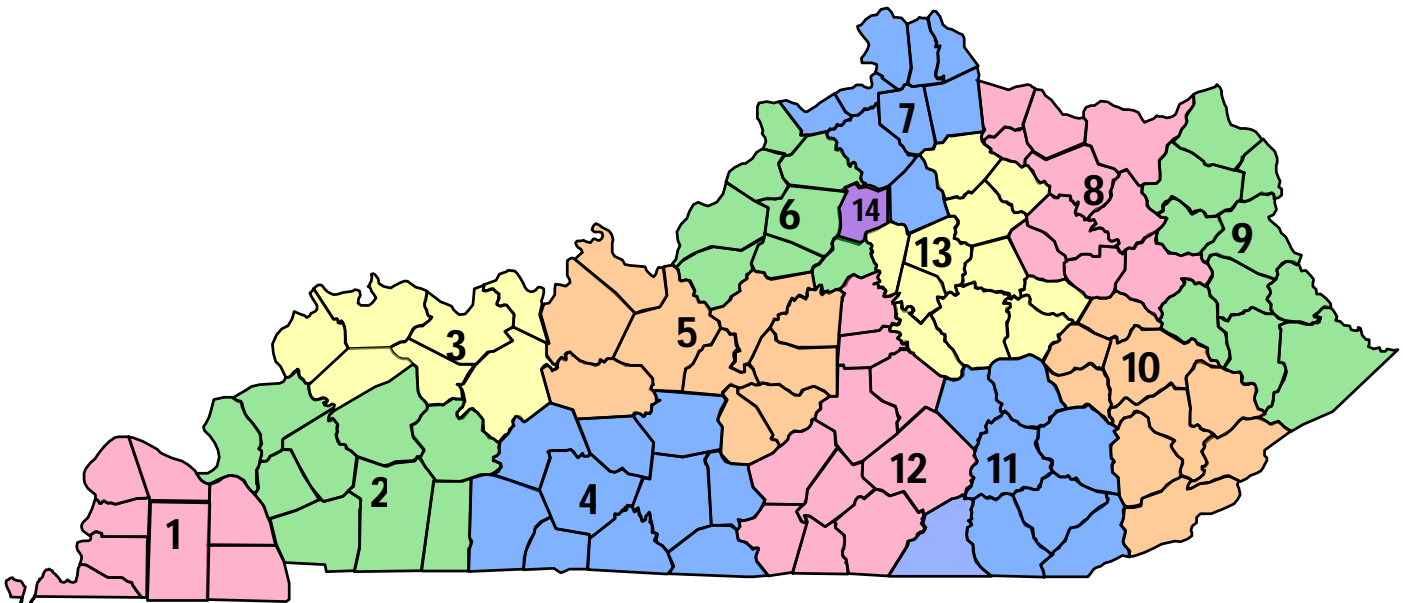
Just a reminder that team meetings are to be held quarterly, and time spent at team meetings counts toward ongoing education hours.

Upcoming 2005-2006 Regional Team Meetings:

REGION	DATE	TIME	LOCATION	ADDRESS	NOTE
1	Thurs. Feb. 9	6:30pm	Calvert City Training Ctr.	1315 5 th Ave., Calvert City	
2	Wed. Feb. 8	6:30pm	Madisonville PD	99 East Center St., Madisonville	
3	Tues. Feb. 7	6:00pm	River Valley BH	1100 E. Walnut	Meal provided
4	Thurs. Feb. 16	6:00pm	FOP Lodge		Meal provided
5	Thurs. Feb. 2	6:00pm	Hardin Memorial Hospital, 5-B	913 N. Dixie Ave., Elizabethtown	Meal provided
6	Wed. Dec. 14	6:30pm	Okolona FD #1	8501 Preston Hwy., Louisville	
7	Thurs. Mar. 30	TBA	TBA		
8	Thurs. Mar. 2	6:30pm	Cannonsburg FD	2000 Cannonsburg Rd., Cannonsburg	
9	Thurs. Mar. 2	6:30pm	Cannonsburg FD	2000 Cannonsburg Rd., Cannonsburg	
10	Thurs. Mar. 16	6:30pm	Corbin	TBA	
11	Thurs. Mar. 16	6:30pm	Corbin	TBA	
12	Thurs. Mar. 16	6:30pm	Corbin	TBA	
13 **	Mon. Jan. 23	6:30pm	Lexington	TBA	
14	Wed. Jan. 18	6:00pm	KCCRB Offices	1121 Louisville Rd., Frankfort	

** Denotes meetings are tentatively scheduled. Call office to confirm.

KCCRT Regions are the same as KyEM Areas. Look at the map to verify what area you are in:



Regular Training Calendar**2005**

- ☐ **Dec. 9-10 Individual Crisis Intervention & Peer Support** Location: 1121 Louisville Rd., Frankfort
 Deadline: Nov. 20 Cost: \$150

2006

- ☐ **Feb. 21-22 Pastoral Crisis Intervention** Location: 1121 Louisville Rd., Frankfort
 Deadline: Feb. 3 Cost: \$150
- ☐ **Feb. 23-24 Group Crisis Intervention** Location: 1121 Louisville Rd., Frankfort
 Deadline: Feb. 5 Cost: \$150
- ☐ **Mar. 21-22 Group Crisis Intervention** Location: Calvert City – Fire Training Ctr.
 Deadline: Mar. 3 Cost: \$150
- ☐ **Mar. 23-24 Individual Crisis Intervention & Peer Support** Location: Calvert City – Fire Training Ctr.
 Deadline: Mar. 5 Cost: \$150
- ☐ **Apr. 27-28 Individual Crisis Intervention & Peer Support** Location: Bowling Green
 Deadline: Apr. 7 Cost: \$150
- ☐ **Apr. 29-30 Individual Crisis Intervention & Peer Support** Location: London
 Deadline: Apr. 11 Cost: \$150
- ☐ **May 23-24 Group Crisis Intervention** Location: Louisville – Middletown FD
 Deadline: May 5 Cost: \$150
- ☐ **May 25-26 Pastoral Crisis Intervention** Location: Louisville – Middletown FD
 Deadline: May 7 Cost: \$150
- ☐ **Jun. 13-14 Advanced Group Crisis Intervention** Location: Frankfort – KCCRB Offices
 Deadline: May 23 Cost: \$150
- ☐ **Jun. 15-16 Individual Crisis Intervention & Peer Support** Location: Frankfort – KCCRB Offices
 Deadline: May 27 Cost: \$150

COURSE REGISTRATION FOR ABOVE COURSES ON BACK**Psychology of Disaster & Terrorism Course**

The Bioterrorism Program offers the - Psychology of Disaster and Terrorism - A Trained Community Crisis Responder Course (TCCR).

This two-day training on the "Psychology of Disaster & Terrorism" is offered at no cost and will include information on the following topics: types of trauma caused by disaster, phases of disaster, and risk factors that make disasters and terrorist events psychologically toxic for survivors and responders. Participants will learn the factors and situations that influence psychological response; assessment of community needs; effects of terrorism before, during and after impact; types of terrorist agents (CBRNE) and the psychological reactions likely with each. Participants will learn the types of crisis intervention and behavioral health services applicable in the aftermath of disaster and terrorism, and will practice numerous interventions. Recent innovations in service delivery as a result of mass terrorism and disaster will be presented. The Oklahoma City bombing and the September 11, 2001 attacks will be used as case studies, and students will participate in a variety of small group learning exercises and scenarios.

Who Should Attend? First Responders, Emergency Management, School Personnel, Nurses, Physicians, Behavioral Health Professionals, Public Health Dept. Representatives, Local Community Agency Representatives, Community Leaders.

Registration: To register for the Psychology of Disaster and Terrorism course please visit: <http://www.train.org/>

Continuing Education Units (CEU) – Certificates: 14 hours of continuing educational units are provided as follows:

- Public Health Certificate: Nursing and Social Work.
- KCCRB Certificate: CADC, Educational Leadership (EILA), Marriage & Family Therapists, Psychologists, Professional Counselors and Professional Art Therapists (KPA).

Go to <http://kccrb.ky.gov/> to see the current listing of courses scheduled.

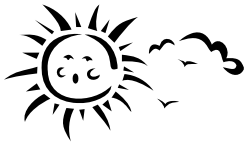
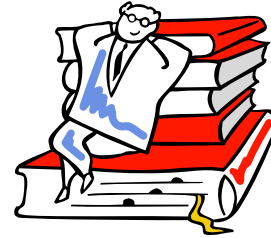


Team Member Tool Box

Intervention Resources

It is always a good idea to review materials that would assist in providing psychological first aid. Several documents have been added to the website. Go to kccrb.ky.gov to review the following:

- Psychological First Aid Overview
- Alcohol Medication and Drug Use After Disaster
- Connecting with others: Giving Social Support
- Connecting with others: Seeking Support
- Provider Self-Care
- Tips for helping Preschool-Aged Children After Disasters
- Tips for Helping School-age Children After Disasters
- Tips for Helping Adolescents
- Tips for Relaxation
- When Terrible Things Happen



Want to Keep Tabs on the Weather?

Go to: <http://www.wagwx.ca.uky.edu/emergency.html>